Team USA Newsletter

October 2009

Hello Team USA athletes!

The 2009 ITU World Championships have all commenced now. Congratulations to everyone on a very successful year. USA Triathlon along with the Team USA department could not be more proud of everyone. Way to go USA! Information on qualifying for 2010 AND 2011 are now available. Check them out here: www.teamusatriathlon.org.

"One way to get the most out of life is to look upon it as an adventure."
William Feather

Train Safe and Smart!

Amanda Duke
Team USA Department

Short Course (Olympic) Triathlon, Sprint Triathlon, and Aquathlon Worlds- Gold Coast, Australia

Stories/Photos:
If anyone has any written stories about their Worlds experience and would like to share them with Team USA and possibly the entire USAT membership please send them to TeamUSA@usatriathlon.org.

We are also still looking for Worlds photos to post to the galleries and the Team USA scrapbook. Send them to TeamUSA@usatriathlon.org.

Patches and Team Photos:
If anyone would like to purchase patches or a Team Photo, please email TeamUSA@usatriathlon.org for the order form to do so.

2010 and 2011 Worlds
Want to go to the 2010 Aquathlon, Sprint Triathlon or Olympic Triathlon World Championships in Budapest, Hungary? Or maybe you want to head to Beijing in 2011? Go here to find out how to qualify: http://usatriathlon.org/pages/1678

Long Course Triathlon Worlds- Perth, Australia

Congratulations to those who participated in the Long Course World Championships this past weekend in Perth, Australia. We had 7 podium winners.

Gold:

Abigail Thornton F18-19 (Brick, N.J.)
Judyann Cummings F50-54 (Denver, Colo.)
Barbara Kostner F60-64 (Lakewood, Colo.)

Silver:

Roger Little M65-69 (Bedford, Mass.)

Bronze:

Steve Richard M20-24 (Boulder, Colo.)
Holger Beckmann M40-44 (Redondo Beach, Calif.)
John Holman M70-74 (San Diego, Calif.)

2010 and 2011 Worlds

Want to go to the 2010 Long Course Triathlon World Championships in Immenstadt, Germany? Or maybe you want to compete on US soil in 2011 in las Vegas? Go here to find out how to qualify: http://usatriathlon.org/pages/1678

Short Course Duathlon Worlds- Concord, North Carolina

Stories/Photos:

If anyone has any written stories about their Worlds experience and would like to share them with Team USA and possibly the entire USAT membership please send them to TeamUSA@usatriathlon.org.

We are also still looking for Worlds photos to post to the galleries and the Team USA scrapbook. Send them to TeamUSA@usatriathlon.org.

Patches and Team Photos:

If anyone would like to purchase patches or a Team Photo, please email TeamUSA@usatriathlon.org for the order form to do so.

2010 and 2011 Worlds

Want to go to the 2010 SC Duathlon World Championships in Edinburgh, Scotland? Or maybe you want to head to Spain in 2011? Go here to find out how to qualify: http://usatriathlon.org/pages/1678

Additional News:

TEAM USA ONLY!

USA TRIATHLON WETSUITS is now offering an exclusive discount to

Jarrod Shoemaker, the 2008 US Olympian wears the Sonic

TEAM USA MEMBERS (current or former). Receive 50% off our TEAM USA Full Wetsuit. This regularly priced $600 suit is available for $299 to TEAM USA members. This wetsuit is designed with Yamamoto's new #40 rubber (softest and most flexible available), Nano-SCS coating (fastest coating available), an 8008 liner (most flexible and waterproof), a 5 mm rubber from neck to ankle, a lower neckline for comfort, and has anatomically designed arms and shoulders to reduce fatigue. Go to http://www.usatriathlonwetsuits.com/tusa/ for more details.

Team USA 2010 Reunion
We are working on a Team USA reunion logo at the moment. We have a contract in hand from our hotel in Kona. It is literally right in the middle of the Ironman action for 2010! I promise that very soon I will have some prices, photos, and more information on the reunion very soon. If you are interested in potentially going to the reunion please let Amanda Duke at USAT know (Amanda@usatriathlon.org).

Grand Master Females
If you are interested in a 3-4 day training camp in Tulsa Oklahoma in March, 2010 please email Donna Krutka at donna_krutka@yahoo.com. This will include swimming techniques, biking camps and running camps, discussion about injury prevention and treatment, and recovery for the master athlete.

Feedback
I am VERY interested in hearing your feedback about your Team USA experience this year. Let me know what you liked and didn't like in terms of the travel packages and hotel options. Don't be shy in telling me what you liked and didn't like in the sponsor goody bag you received when you ordered your uniform. Please send all feedback, comments, and suggestions to TeamUSA@usatriathlon.org. The sky is the limit. The more constructive feedback I receive the better I can make the experience for you next year!

Thanks for reading! Happy training!